

Date	In	Out	Net
Monday, April 3, 2017			
Tuesday, April 4, 2017			
Wednesday, April 5, 2017			
Thursday, April 6, 2017			
Friday, April 7, 2017			
Saturday, April 8, 2017			
Sunday, April 9, 2017			
Monday, April 10, 2017			
Tuesday, April 11, 2017			
Wednesday, April 12, 2017			
Thursday, April 13, 2017			
Friday, April 14, 2017			
Saturday, April 15, 2017			
Sunday, April 16, 2017			
Monday, April 17, 2017			
Tuesday, April 18, 2017			
Wednesday, April 19, 2017			
Thursday, April 20, 2017			
Friday, April 21, 2017			
Saturday, April 22, 2017			
Sunday, April 23, 2017			
Monday, April 24, 2017			
Tuesday, April 25, 2017			
Wednesday, April 26, 2017			
Thursday, April 27, 2017			
Friday, April 28, 2017			
Saturday, April 29, 2017			
Sunday, April 30, 2017			
Monday, May 1, 2017			

Instructions:

1. Add up your calories consumed and enter in the **IN** column.
2. Add up your calories burned by exercising and enter in **OUT** column.
3. Calculate your *estimated* resting metabolic rate: (your weight) x 10 = RMR
4. Multiply by your activity factor to get **your RMR^{AF}**
 - a. (RMR x 1.1) if you are sedentary most of the day
 - b. (RMR x 1.2) if you are active most of the day
5. Calculate your **NET** calories for the day:
 - a. **(IN) – (OUT) – (RMR^{AF}) = NET calories**
 - b. [+] means you ate more than you burned
 - c. [-] means you burned more than you ate